Tyndall Air Force Base, Fla. Home of Air Dominance Training

### In brief

Vol. 64, No. 33

#### **Warrior Farewell**

The 325th Fighter Wing is holding a Warrior Farewell 3:30 p.m. Monday at the Enlisted Club Ballroom. All Tyndall members and families are invited to attend. This event is a send-off for Tyndall Airmen who are deploying in September and October. There will be free food available. For more information, call Master Sgt. David Brett at 283-4204.

#### **Food Locker**

The First Sergeants' Food Locker needs to replenish its stock. The purpose of the food locker is to help out Tyndall's families in need. Needed donations include any non-perishable food items, dish detergent, toilet paper and canned goods. Donations can be given to first sergeants. For more information, contact any first sergeant.

#### What's inside



Tyndall Honor Guard graduates newest trainees ... PAGE 11



Air Force Clubs to give away \$12,000

... PAGE 16



## Taking out the grass

Aug. 19, 2005

Senior Airman Michelle Basinger, 325th Comptroller Squadron accounting technician, helps clean up sea grass and other debris Saturday at the Tyndall Marina. Volunteers are needed at the marina Saturday to finish cleaning up the debris from Hurricane Dennis. Volunteers should meet at the marina at 9 a.m. For more information, contact Staff Sgt. Ronald Foote at 283-3123.

## Servicemembers to see increase in SGLI

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

Servicemember Group Life Insurance maximum coverage will increase significantly to \$400,000 starting Sept. 1.

"Anyone who wants the new coverage amount won't have to do anything at all to make it happen," said Tech. Sgt. Sheryl Monroe, 325th Fighter Wing Customer Service NCO in charge. "However, if a member does want to decline or decrease the coverage maximum of \$400,000, they will need to seek guidance on filing the form SGLV 8286 from their unit's Commander Support Staff during the month of September."

Tyndall Airmen should be aware that their Oct. 1 Leave and Earning Statement will reflect this new amount and a monthly premium of \$26 for full coverage if they have not elected to change the amount in September. That amount is based on the rate of 6.5 cents

per \$1,000 of insurance coverage.

It is important for Airmen to understand that they will be charged for full coverage premium during September if they wait until after Oct. 1 to make changes, said Sergeant Monroe.

Members can only elect coverage in increments of \$50,000 up to the maximum \$400,000. The revised form SGLV 8286 will be available Aug. 31 on the Department of Veterans Affairs Web site, www.insurance.va.gov.

An added law to the SGLI program requires spouses to be notified if a married servicemember doesn't elect their spouse for full coverage or if they elect less than the \$400,000 maximum, said Sergeant Monroe.

Letters mailed to the spouse will not include a name of a beneficiary other than their lawful spouse.

The increase is also retroactive to Oct. 7, 2001 which means that survivors of

servicemembers who died since then will receive the increased benefits, according to an American Forces Press Service article. In addition, survivors of servicemembers who died in a combat zone, combat operations or combat-related situations between Oct. 7, 2001, date and the start date of the coverage increase will receive \$150,000 in transitional insurance.

SGLI is the life insurance currently available to all members of the uniformed services and is managed by the Office of Servicemembers' Group Life Insurance. SGLI is a group life insurance policy purchased by the VA from a commercial life insurance company. Members on active duty, active duty for training or inactive duty for training and members of the ready reserve are eligible for insurance through this program.

For more information, Tyndall Airmen should contact their unit's CSS or Sergeant Monroe at 283-2276.

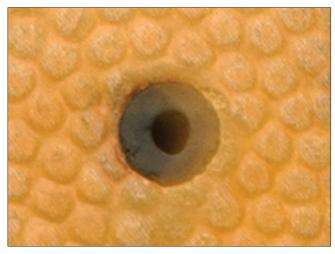
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#### Got air?

Tim Roberts performs an "ollie air walk" over a barricade Saturday at the Youth Center skate park. Children ages 7 and up can sign up anytime at Youth Center for skateboarding classes, which offer instruction for all levels of experience from beginner to advanced. Classes meet for two hours every other Saturday and are instructed by professional skateboarder John Leathers. For more information, contact the Youth Center at 283-4366.

## Identify this...



Can you identify this object? If so, send an e-mail to editor@tyndall.af.mil with "Identify This" in the subject line. Three correct entries will be chosen at random and drawn from a hat to select the final winner. The 'prize' can be claimed at the Public Affairs

The winner for the Aug. 12 "Identify This" is Airman 1st Class Jacob Lance, 325th **Medical Operations Squadron.** He correctly guessed that the photo was of a staple remover. Congratulations, Airman Lance! Come and claim your prize!

## ON THE **STREET**

## How does inclement weather affect your job?



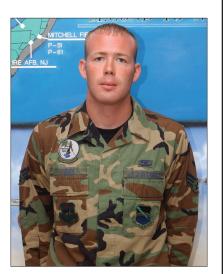
"Inclement weather creates havoc with the flying schedule if we are unable to fly the students."

CAPT. JED PERRYMAN 2nd Fighter Squadron



rain or shine, because as security forces, we can't afford to be sick."

SENIOR AIRMAN MONIQUE WILLIAMS 325th Security Forces Squadron



"Unless there's lightning near the flightline, we still go out and work in the rain."

#### SENIOR AIRMAN TERRY TODD 2nd Aircraft Maintenance Unit



"It can be difficult being out there



"The clouds and rain lower our visibility and limits what we can do with the pilots."

#### AIRMAN DARRYL ROBINSON 325th Operations Support Squadron

#### **Gulf Defender Editorial Staff**

Brig. Gen. Jack Egginton ......325th FW commander Maj. Susan A. Romano ...... chief, 325th FW public affairs Ms. Chrissy Cuttita ...... chief, internal information 2nd Lt. William Powell ...... deputy chief, internal information Staff Sgt. Benjamin Rojek .....

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Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise

The deadline for article submissions to the Gulf Defender is 4 p.m. Friday prior. to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the Gulf Defender to Tyndall base housing sections is provided by the Panama City News Herald.

For more information, or to advertise in the newspaper, call (850) 747-5000.

## Commentary

## **Action Line:** Gas price concerns

What prompted the base gas station to raise the gas prices six cents a gallon right before the base went to an evacuation (for Hurricane Dennis)? This sounds like gross profiteering on the part of somebody, and I am not the only one who is upset about this. I hope you will look into it.

A: Thank you for your comment concerning gas prices at Tyndall's AAFES locations. I can assure you AAFES did not raise gasoline prices as a result of the evacuation for Hurricane Dennis. AAFES raises and lowers prices based on daily surveys of at least five area locations selling motor fuel. Based on these surveys, AAFES establishes a price equal to the lowest price surveyed for each grade of fuel sold, and sometimes at a loss based on its practice of matching local rates. One of the reasons it may have appeared that gas prices were raised during that period of time was because in general, hurricanes in the Atlantic delay crude oil deliveries to refineries in the Gulf of Mexico, therefore lowering inventories and raising prices. Also, temporary shutdowns at the refineries in the Gulf increase the prices at the pumps. AAFES will continue to monitor the local fuel costs to give its customers the best price while generating funds for the morale, welfare and recreation funds. I appreciate your call.

## Still going: Airman chose to stay in after 20 years

MASTER SGT. ALBERT J. LEWIS JR.

Wing Career Assistance Adviser

About six years ago a fellow noncommissioned officer for whom I have a great deal of respect said, "I'm going to retire at 20 years because every day I work after 20 years I'm working for half pay."

My friend was referring to the retirement plan that pays half our basic pay at retirement in some form or fashion. I thought that statement made sense and since I didn't want to be taken advantage of, I decided I, too, would retire after 20 years of service. I told my family and friends I would retire and come home once I completed 20 years in the Air

But the closer I came to 20 years, the more unsettled I became with my decision to retire. Each retirement ceremony I attended made me realize that one day I would be forced to say goodbye to the lifestyle I love. Once

I acknowledged I really loved the Air Force way of life I wanted to evaluate why I felt this way and justify why I've chosen to stay.

There are many reasons why I have chosen to stay longer than 20 years, but in the interest of time and space, I'll just share three with you.

I've found the Air Force to be a familyfriendly organization that provides me a sense of a higher calling while espousing a set of values I'm proud to strive to live up to.

Over the past year I've heard our wing commander, Brig. Gen. Jack Egginton, say on numerous occasions - Family is first! Take care of your family. From the top down the Air Force is truly focused on caring for the family.

I experienced this early in my career. My wife Cheryl and I had just transferred to Europe, and at 2 a.m. in the morning there was a knock at our door. We opened the door to find my first sergeant there to explain how he just received a call from the Red Cross that Cheryl's grandfather had died. The 'shirt' told us if we needed assistance getting back to the United States to let him know and he would have airline tickets for us in the morning.

I also recall going on temporary duty assignments at various times in my career and

> leaving Cheryl at home with our young children. During these times, members of my work center would call or stop by and check on my family, run errands, baby-sit, etc. I'm now preparing for another TDY while I write this ar-

ticle, and I know that in my absence my Air Force family will, as always, take care of my immediate family.

Every day I wake up proud to think I contribute to one of the highest callings known to man - to preserve freedom for the human race! I am empowered with the thought that I am freedom's guardian. Whether I turn a screw on a jet or fix a computer; whether I flip a burger in the dining facility or flip a mattress in lodging; whether I process performance reports or travel vouchers; whether I take control of a vehicle or a classroom, I am a part of the machine that keeps people free. As freedom's guardian, I have a hand in every scientific, medical and technological breakthrough. Although I'm proud of the mission I'm tasked to accomplish, I'm also humbled by the values I'm expected to

The Air Force Core Values make us the envy of other organizations. I recall the first Airman Leadership School graduation Cheryl attended six years ago when the guest speaker talked about our Core Values. Our drive home began in silence until I looked at Cheryl and asked what was on her mind. Almost in awe, she said, "Wow – Integrity First, Service Before Self and Excellence in All We Do."

It took me three weeks to learn those core values and Cheryl memorized them after one graduation speech. My wife is a registered nurse and works in the local community, and she said, "If my job adopted this set of values then we would have more motivated workers because everyone would strive for Excellence; we would have more satisfied patients because the staff would be more concerned with the Service they provide as oppose to their personal desires; and if we all displayed Integrity, the staff would have a better working relationship because we would trust one another."

For the first time I saw our Air Force Core Values in the light they were meant to be seen. I've always known them, but I never really stopped to notice them. That night the Air Force Core Values became a part of both Cheryl and me.

Our Air Force is a family-friendly organization that provides a higher calling to its members and advocates a system of beliefs that I'm proud to call my own. A wise man once said, "Love what you do for a living and you'll never have to work a day in your life." I still love what I do for a living.

#### "Every day I wake up proud to think I contribute to one of the highest callings known to man - to preserve freedom for the human race!" MASTER SGT. ALBERT J. LEWIS JR.

Wing Career Assistance Adviser

# **Action Line** Call 283-2255

BRIG. GEN. JACK EGGINTON

325th Fighter Wing commander

is one way to make Tyndall a better place to work and live.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a re-

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response or

The Action Line is your direct line to me. It you are unable to resolve the problem, call me at 283-2255.

> For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

> Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

> Below are more phone numbers that help you in resolving any issues with a base agency.

283-4825
283-4191
283-7515
283-2739

/IPF	283-2276
SFS Desk Sgt.	283-2254
Services	283-2501
_egal	283-4681
Housing	283-2036
CDC	283-4747
Wing Safety	283-4231
Area Defense Counsel	283-2911
inance	283-4117
Civil Engineer	283-4949
Civilian Personnel	283-3203
Base Information	283-1113

Thank you for helping me improve Tyndall and I look forward to hearing from you.

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# What do you do when no one is watching?

SPECIAL AGENT JASON ENGHOLM

Air Force Office of Special Investigations, Det. 246

#### SOUTHWEST ASIA (AFPN) —

When you think of the expectations you have for your organization, superiors, peers and subordinates, what comes to mind? What core belief, beyond any other, are you adamant about to the last stand?

Of course, many of us should be able to rattle off the Air Force Core Values without a thought or extra breath. However, maybe there is something even deeper, yet more simplistic, than those three bold statements. Something like, "Do the right thing, even when no one is watching."

Several years ago while working at an office in Europe, I heard a new Air Force Office of Special Investigations region commander explain his expecta-

tions for OSI agents in Europe. During his speech, he methodically returned to his basic standpoint of above all else, "Do the right thing."

No matter if it was during a witness interview, while conducting threat assessments in Latvia or performing background investigation checks in Germany, he always said, "Do the right thing." I, along with many others who heard that commander speak, have taken that bit of professional and personal advice to heart. I now feel that subtle, yet powerful, phrase is the key to a strong ethical code.

So, how do you follow this code and make the right choices and actions? Is there a magic formula or an instruction that outlines how a person should make

• SEE INTEGRITY PAGE 21



## Base drinking water safe, report says

The quality of Tyndall's details the quality of drinking drinking water was given the green light recently by the 325th Aeromedical-Dental Squadron Bioenvironmental Engineering Flight.

Their report, titled "2004 Consumer Report on the Quality of Tap Water," is the result of monthly monitoring

the drinking water in accordance with the standards and regulations set forth by the

**Environmental Protection** Agency's Safe Drinking Water Act.

The base drinking water is in compliance with the EPA's Safe Water Drinking Act, and therefore safe to drink.

The annual report, prepared in accordance with Environmental Protection Agency and Air Force regulations,

water on Tyndall AFB. It has been posted on the Tyndall Intranet Web site at https:// internal.tyndall.af.mil/under the 325th Medical Group sec-

Included in the report is information regarding water source, chemical sampling

> sampling results. It is broken down into five areas: Air Force Research Labo-

ratory, Ammo, Main Base and Housing, Silver Flag, and Full Scale Drone.

For more information, contact the Bioenvironmental Engineering Flight at 283-7139.

(Courtesy of the 325th Aeromedical-Dental Squadron Bioenvironmental Engineering Flight.)



## New WEG commander gives advice to leaders, Airmen

MASTER SGT. MARY MCHALE

325th Fighter Wing Public Affairs

Command of the 53rd Weapons Evaluation Group changed here during a ceremony Aug. 12 in Hangar 5.

Col. Michael Winslow assumed command from Col. Derek Hess. Col. Bill Coutts, 53rd Wing commander from Eglin AFB, Fla., presided over the ceremony.

Making his farewell remarks, Colonel Hess thanked his squadron members for their efforts during his two-year ten-

"Weapons Evaluation Group Airmen, in the past two years you have added proud chapters, rich in accomplishment, to this group's history," Colonel Hess said. You have kept a razor-sharp edge for America. For that, I offer you my thanks, the thanks of a nation and the gratitude of Soldiers, Sailors, Marines and fellow Airmen engaged in a Global War on Terrorism in the four corners of a dangerous world."

Colonel Hess departs Tyndall for an assignment at Nellis AFB, Nev.

The mission of the 53rd WEG is to conduct performance evaluations of air-to-air and air-to-ground weapons used by a wide array of airborne platforms. And it is a mission the new commander looks forward to executing.

"I am tremendously excited to lead the men and women of the 53rd WEG in their mission to ensure that Airmen are effective on their first combat mission and every combat mission thereafter," Colonel Winslow said. "We accomplish this task using a synergistic approach. First, we provide the infrastructure and support for Airmen to employ precision-guided air-to-ground and air-to-air weapons in a realistic training venue."

Colonel Winslow explained that the second aspect of the WEG mission is to use telemetry and engineering analysis to "conduct an end-to-end kill chain evaluation of the Airman, machine and weapon."

Colonel Winslow emphasized that this process is a "cornerstone to the refinement of tactics, execution and weapons systems and allows the U.S. Air Force to successfully deliver combat airpower on time, on target."

Colonel Winslow, a 1981 graduate of the Air Force Academy, is a command pilot with more than 2,800 flying hours, 2,600 of which are in the F-15 Eagle. He arrived at Tyndall following an assignment at Randolph AFB, Texas, as director of staff, Air Education and Training Command. With more



Col. Michael Winslow, 53rd Weapons Evaluation Group commander, gets a congratulatory hug from his wife Susie Winslow at his change of command ceremony here Aug. 12.

than 24 years of service, the colonel said the most significant change he has witnessed in the military is "the extraordinary responsibility and trust that our senior leaders have placed in

• SEE WEG PAGE 21

Did you miss past issues of the Gulf Defender? Don't fret!

We're online: www.tyndall.af.mil/ News/news.htm.



Aug. 19, 2005 **Gulf Defender** 

## **Q & A:** Meet the 325th Maintenance Group commander

2ND LT. WILLIAM POWELL

325th Fighter Wing Public Affairs

(Editor's note: The following is a question and answer session with Col. Brett Haswell, 325th Maintenance Group commander.)

#### Q. Now that you've been here for a couple of months, what do you see needs improvement or change?

We need to get the technology to work for us rather than us working for the technology. A lot of the products produced for meetings are done in some other program that must be converted, reviewed and placed on a slide show. By the time the data is presented, it's old news. We need to get more real-time data to the commanders and maintenance leadership so they can make better decisions and prioritize better.

#### smoothly and you don't want to change?

I see great teamwork within the units and between the squadrons and the contractors. We are really good at sharing ideas and working with others.

#### Q. What is it like to command the largest group on base, for your first group-level command?

It's extremely busy, but I'm having a lot of fun. Commanding at the group level is the pinnacle of my career, and I never thought I would be in this position.

#### Q. What do you see is a unique element of working on the F/A-22 Raptor versus working on the F-15 Eagle?

Working on the Raptor is a completely dif-

Q. What do you see is operating ferent paradigm for us. Because of the lowobservable coatings, we have to think about what part to change first and how we should schedule and manage the aircraft. But the best way to improve a system is to hand it to blue-suit maintainers. They will figure out the smartest and fastest way to fix the jet and the best way to get it back in the air again.

## Q. What are your chief goals for the

My goals are to complete this tour without losing or seriously injuring any troops, and I want to leave this place better than it is now. I want to continue to fly Eagles and Raptors to produce the world's best air dominance pilots, as well as effectively train maintainers to do an even better job with the Eagles and Raptors.



Col. Brett Haswell is the 325th Maintenance Group commander.

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## Long-term care insurance small price to pay

RANDOLPH AIR FORCE BASE, Texas a nurse, home health aide, therapist, informal caregiver (**AFPN**) — Active-duty Airmen, some reservists, appropriated-fund civilian employees, retirees and qualified family members can still apply for the Federal Long-Term Care Insurance Program.

The program can help federal employees defray the costs of in-home care, nursing-home care, or assistedliving facilities for people no longer able to perform normal daily activities because of chronic-health conditions.

"Long-term care insurance isn't just for old age nearly 40 percent of people needing long-term care are under age 65," said Janet Thomas, human resources specialist at the Air Force Personnel Center here. "Health insurance will cover hospitalization and medical care, but not necessarily long-term care. The Federal Long-Term Care Insurance Program provides protection from the potentially high cost of long-term care."

The program is sponsored by the Office of Personnel Management and provides affordable group premiums and comprehensive benefits. It is the largest program in the nation, Ms. Thomas said.

The plans available are:

- Facilities-Only Plan: This covers all levels of nursing home, assisted living facility and innatient hospice care

or other authorized provider. Costs of adult day care centers and home hospices are covered as well.

Those eligible for the program include:

- Federal employees and annuitants.
- Separated federal employees with title to a deferred annuity.
  - Active and retired servicemembers.
- Active members of the Selected Reserve.
- Retired "grey" reservists even if they are not receiving retirement pay. **FORCE SUSTAINMENT** 
  - Compensationers receiving compensation from the Department of Labor.
  - The current spouse of an eligible person.
  - —Adult children of living eligible people.
  - Parents, parents-in-law and stepparents of living eligible people.
  - Surviving spouses receiving a

survivor annuity.

Premiums are based on an applicant's age, so the sooner people apply, the smaller premium they will pay, Ms. Thomas said. Once enrolled, coverage will not be canceled as long as premiums are paid on time, and coverage cannot be canceled because of age or a change in health.

For more information, people can call (800) 582-3337 or TTY (800) 843-3557. Representatives are available

## **Congratulations** to Tyndall's **Senior NCO Academy grads!**

Master Sgt. Paul Cornell, 823rd RHS Master Sgt. Michael Hobbs, 53rd TSS Senior Master Sgt. Bradley Roberts, 325thAMXS Master Sgt. Stephan Wegfehrt, 325th ACS



— Comprehensive Plan: This covers everything the facilities-only plan covers, plus care provided at home by	weekdays 8 a.m. to 7 p.m. E	EDT. People can also go to	

## EMS program to be completed by all military members

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

All Tyndall AFB members will participate in the Air Force's required Environmental Management System program.

"EMS, in a nutshell, pushes environmental stewardship out of the Civil Engineer's office and across the base's shops to the worker level," said Ken Gleason, 325th CES Environmental Flight chief.

An EMS is an over-arching management system that includes policy development, organizational structure, planning activities, responsibilities, and identification of resources to maintain environmental programs, achieve environmental goals and ensure mission sustainability.

"The goal is to integrate environmental protection with mission readiness," said Karen Winnie, Air Education and Training Command program manager for EMS and Training. "It requires environmental awareness by personnel at all levels of the organization."

Tyndall senior leadership received the

required training on their roles and responsibilities for the EMS program Aug. 11, and once the online web-based EMS training is up and running, everyone on base will have to complete the brief course by June. Tyndall is currently working on establishing that training and creating a schedule.

shops to the worker level," said Ken Gleason, 325th CES Environmental Flight chief.

An EMS is an over-arching management system that includes policy development, organizational structure, planning activities, responsibilities, and iden
"The Executive Order-required system has to be established by mid-December and we have been diligently working hard these past couple of months to meet that goal," said Dr. Bridget Keegan, Tyndall's EMS program coordinator.

A total of 178 Air Force installations are designated as EMS required locations. Tyndall is among 13 AETC installations that are required to participate in EMS.

Having everyone on base proactive and involved in stewardship to the environment bolsters mission capability, said Mr. Gleason.

For more information about Tyndall's EMS program, contact Dr. Keegan at 283-4346.



The above graphic is used as part of the Environmental Management System program training.

## Tyndall Commissary employees win DeCA EEO awards

The Defense Commissary Agency selected two Tyndall Commissary employees for Equal Employment Opportunity awards.

Supong Davis, a front-end manager here, also won the DeCA East regional nomination for EEO Leader of the Year, and Cynthia Nitura, a teller at the Tyndall Commissary, won the regional nomination for EEO Employee of the Year.

Ms. Davis said she felt honored to have won at both the regional and agency level.

"When I was notified that I was selected, I was speechless," she said. "But deep down inside I felt very proud of the organization that I support."

"It's a tribute to the Tyndall Commissary staff's commitment to equal opportunity that two of three award nominations for individuals go to their employees," said Bonnie Kanitz, director of DeCA East. "I commend them on this remarkable achievement."

Ms. Davis provides outstanding support of the agency's equal opportunity program and continuous positive interaction with employees and patrons, according to Mike Yaksich, Tyndall Commissary store director.

"It is rewarding working with people, whether it be my employees or the customers that we serve," said Ms. Davis. "I love what I do and work towards putting a smile on everyone's face each and every day."

In addition to operating one of the finest customer service departments within the agency worldwide, she possesses the patience and willingness to work with her diverse em-

ployees, whether it is from a professional or personal level, said Mr. Yaksich.

He said Ms. Davis has been instrumental in ensuring that her employees receive their fair share of training opportunities, whether it is a formal class or cross-training in another department. Two of her staff members attended basic management training and aspire to become department managers. Another employee volunteered for detail to the grocery department in order to prepare herself for possible advancement within the Commissary.

"In order to provide opportunities for her employees who are motivated to move ahead," said Mr. Yaksich, "Ms. Davis takes the extra time and effort to make necessary adjustments to cover the front-end service."

Like Ms. Davis, Ms. Nitura interacts daily with a diversified patron base and workforce.

"She demonstrates on a continuous basis the ability to rise to the daily challenges of interacting with a diverse group of cultures, backgrounds and personalities in performing her daily duties," said Mr. Yaksich.

During the past year, Ms. Nitura made numerous contributions in the planning, coordination and execution of special emphasis program events.

"She is always actively involved in the Tyndall Asian Pacific Heritage Month celebrations," said Mr. Yaksich. "Her association sponsored Filipino dancers who performed at the Officer's Club; and sponsored arts and crafts booths featuring Filipino culture and cuisine."



Staff Sgt. Benjamin Roje

Cynthia Nitura, right, and Supong Davis, center, both Tyndall Commissary employees, help a customer unload groceries at the checkout line.

Over the past year, Ms. Nitura's fund-raising involvement raised over \$6,000, with portions donated to the Red Cross Disaster Relief Fund, Saint Dominic Catholic Church, Bay County Explorers and the Bantay Bata 163, an organization that cares for poor and sick children in the Philippines. She also coordinated the annual Little Miss, Miss and Mrs. Filipino-American Pageants, which have also raised funds for charities and local organizations within the community.

DeCA operates a system of about 280 commissaries with about 17,000 employees worldwide. DeCA East manages 100 commissaries east of the Mississippi River.

(Courtesy of the Defense Commissary Agency)

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The following adverse actions took place at Tyndall AFB in July 2005.

A senior airman received a reduction to airman first class, forfeitures of \$50 pay per month for two months (suspended), 30 days extra duty and a reprimand under

Article 15 for dereliction of duty and false pretenses by obtaining services of a value of \$500 or less, in violation of Articles 92 and 134 of the UCMJ.

An airmen first class received a reduction to airman basic, forfeitures of \$617 pay per month for two months, 45 days extra duty and a reprimand under Article 15 for wrongful use of marijuana, in violation of Article 112 of the UCMJ

An airman received a reduction to airman basic, forfeitures of \$100 pay per month for two months (suspended), 30 days extra duty and a reprimand under Article 15 for failure to go and dereliction of duty, in violation of Articles 86 and 92 of the UCMJ.

A senior airman received a reduction to airman first class (suspended) and seven

days extra duty, under Article 15 for failure to go, in violation of Article 86, UCMJ.

A senior airman received a reduction to airman first class (suspended) and a reprimand under Article 15 for assault and battery, in violation of Article 128 of the UCMJ.

A first lieutenant received a forfeiture of \$1770 pay per month for two months, that portion of the forfeiture in excess of \$885 pay per month for two months is suspended, under Article 15 for drunken driving, in violation of Article 111 of the UCMJ.

#### Did you know ...

The humanitarian program was established to assist Airmen in resolving severe short-term problems involving a family member. The spirit and intent of the program is to reassign a military member to the closest location to the family member concerned so maximum support can be provided, consistent with effective use of the



member's skills. Since humanitarian situations are short-term, when the Airman's AFSC is not used at the closest location, the Air Force can also consider retraining (for enlisted personnel) or cross-flow (for officers). For more information these programs, www.afpc.randolph.af.mil/efmp-humi/.



The Gulf Defender is published for people like Senior Airman Michelle **Chopin, 372nd Training Squadron/** Detachment 4 client support administrator.





#### **FORCE TRAINING**



#### Training Spotlight

## What are you most looking forward to at your first duty station?

am going to RAF Lakenheath, and I am looking forward to being comfortable with the pilots and being around the F-15s. It's awesome."



AIRMAN BASIC BRANDON RHODES 372nd Training Squadron/Detachment 4 Mission Ready Airman student

## Honor Guard graduates top Tyndall Airmen

AIRMAN 1ST CLASS SARAH McDowell
325th Fighter Wing Public Affairs

Each quarter Tyndall's Honor Guard recruits and trains Airmen to be living examples of Air Force Core Values, exuding honor, pride and dignity. Only those who can take on this responsibility make it to graduation day.

Tyndall's Honor Guard, which usually has about 60 Airmen among its ranks, is now at about 90 percent, after graduating a class Aug. 11. The members are trained on funeral honors, firing party and bearing training, and they get the chance to perform these ceremonies in southern Georgia, Alabama and eastern Florida, as well as in the local area.

Staff Sgt. William Goolsby has been in the Honor Guard for four years, and is the head trainer here at Tyndall. He explained what it is like to train an Airman for Honor Guard ceremonies.

"Trying to change a person's drill habits from Air Force style to elite Honor Guard style can be frustrating," he said. "But when the Airmen graduate I get a deep sense of pride"

He also said the Honor Guard may not be for everyone.

"You have to be committed beyond the norm," Sergeant Goolsby said. "But, when I see a funeral and the honors have been rendered, it gives me a great sense of duty."

Staff Sgt. Christopher Smith, who has been the NCO in charge for seven months, talked about the personal ben-



Airman 1st Class Sarah McDowel

Staff Sgt. Scott Hebard, 325th Maintenance Operations Squadron, congratulates Airman 1st Class Edward Koo, 325th Medical Operations Squadron, at the Honor Guard training graduation here Aug. 11.

efits Airmen receive by participating in the Honor Guard.

"It is a great opportunity for exposure around the local community and base," he said. "It is an excellent networking tool to meet people around Tyndall. The experience gained gives a better sense of pride for the Air Force and the country."

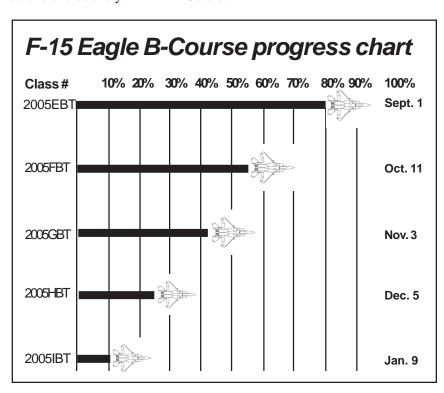
Airmen who would like to join the Honor Guard can call the Honor Guard shop at 283-4405 for more information.

"When the family members come up to you and thank you, nothing compares," Sergeant Goolsby said. "Nothing in my Air Force will ever compare to Honor Guard."



#### Speak!

Staff Sgt. Patrick Schue, 325th Security Forces Squadron, gives a speech in front his Airman Leadership School class about his job as a military working dog handler. Sergeant Schue, who graduates from ALS Aug. 30, brought in his dog Spike to help with the demonstration.





Wanida Young, Sand

Dollar Inn housekeeper,

cleans a bedside lamp

in a lodging room here.

The housekeepers

clean every part of a

room, making sure

each patron comes into

a well-kept home away from home. Ms. Young,

hails

Thailand, has been

working at Tyndall for

from

Keeping Tyndal

Housekeepers provide clear

PHOTOS AND STORY BY
STAFF SGT. BENJAMIN ROJEK

325th Fighter Wing Public Affairs

Every day the traveler enters his room the bed is made, the towels are folded and everything is clean.

"What is this magic?" he asks.

It's not magic. It's the housekeepers on Tyndall who take care of 697 rooms in 44 buildings, allowing visitors, students and those living in Temporary Lodging Facilities to come 'home' to a clean, relaxing living area. And they do it all with a smile.

"A good customer service relationship is important," said Nancy Bowes, the Visiting Airmen's Quarters workleader at the Sand Dollar Inn. "The customer always comes first, and they'll let you know they appreciate the work you've done."

The housekeepers' job is to ensure customers have a nice, clean, comfortable room in a friendly environment, said Alan Tremaine, 325th Services Squadron lodging manager. They make sure everything is taken care of.

"We get a lot of good feedback, especially from those living in the new family units," said Mr. Tremaine.

That's because everyone who works at the Sand Dollar Inn believes that every guest is entitled to friendly service, every day, he said.

"Our housekeepers don't go out of their way to fix up one suite, and then forget about all the others," said Mr. Tremaine. "Every room is taken care of. We could





Left: Adelina Custod The housekeepers of Above: Leonita Bum There are houskeep Philippines and has

# l tidy:

## n, safe rooms for guests, visitors

ave a distinguished visitor staying in a gular room, and then move to a DV ite, so every room needs to be taken are of the same."

st work at one building. Each person rotes between the different areas on base, king care of about 18 rooms per day. nce they get their assignments in the orning, they grab their cart and fill it up ith all the cleaning supplies they need to ake the rooms spotless.

But there's more to their job than just

"We will help customers with luggage, ben doors for them or give them direcons to places on base like the Base Exnange," said Adelina Custodial, a housekeeper here who also won Employee of the Year this year. "If they ask for help, we'll say, 'Yes, of course.'"

It's that kind of attitude and hard work This means that the housekeepers don't that can help make work easier for protocol, the office on base that sets up lodging for distinguished visitors.

> Many of the DVs who visit Tyndall comment on the superb hospitality at the base, to include their lodging accommodations and the friendliness and professionalism of the entire lodging staff, said Melissa Porter, 325th Fighter Wing chief of proto-

"Attention to detail is very important in the protocol business," said Ms. Porter. "The housekeepers assigned to our DV suites strive to ensure that no small detail



Alica Flores, Sand Dollar Inn houskeeper, sets a dining table in one of the lodging rooms here. Ms. Flores has been working at Tyndall for 16 years and is from Puerto Rico.

is overlooked. It's evident they care about what they do and take pride in their work."

While the housekeepers do work hard to keep lodging rooms clean and tidy, the customers can also help, said Mr.

"Our customers need to ensure that they maintain the room according to military standards," he said. "Treat the room a little better than you would at home. Pick up after yourself"

The housekeepers also appreciate a thank you for the work they do.

"It's great when people say the room is nice and I've done a good job," said Ms. Flores. "It makes me proud of what I'm doing."

> Ms. Custodial vacuums a Visiting Airmen's Quarters here recently. room Housekeepers clean and set-up about 18 rooms per day, or 10 rooms if they're working in Temporary Lodging Facilities. Ms. Custodial, who is originally from the Philippines, has been working at the Sand Dollar Inn for more than two years.



lial, Sand Dollar Inn housekeeper, cleans a mirror in a lodging room here. o everything from cleaning the bathrooms to making the beds. b, Sand Dollar Inn housekeeper, wipes down a door in a lodging room here. ers on duty seven days a week, even during holidays. Ms. Bumb is from the been working for the Sand Dollar Inn for 10 years.



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#### **Briefs**

#### **Retiree Appreciation Days change**

Retiree Appreciation Days will now be held Nov. 4 and 5. All retirees are invited to attend. For more information on events and activities going on that day, call the Retiree Activities Office at 283-2737.

#### **VA Audiology Clinic**

Tyndall's Veterans Affairs Audiology Clinic has relocated to the VA Outpatient Clinic at 312 Kenmore Road, Pensacola. For more information, call (850) 417-7574 or 1-800-897-8977 8 a.m. to 4:15 p.m.

#### **Munitions Storage Area closure**

The Munitions Storage Area will be closed to all customers from Sept. 12 - 16 due to a 100 percent closed warehouse inventory. All munitions customers should project their needs accordingly and plan ahead for this closure. Only valid emergency issues will be processed during this period. For more information, call munitions accountability at 283-4010 or 283-2374.

#### **World War II lithographs**

The 325th Fighter Wing Public Affairs Office has lithographs commemorating the 60th anniversary of the end of WWII. Units that would like copies may send a representative to the PA office in Bldg. 662, Room 129. The lithographs are for official use only and must be framed for proper display.

#### Online pharmacies

The Office of the Surgeon General has stated that the use of online physician and pharmacy services is highly discouraged, due to the risk of complications resulting from obtaining medication without a proper medical exam, the lack of quality control on prescription medications and the inability of these services to check for interactions with patients other current medications. For more information, contact the Tricare Operations and Patient Administration Flight at 283-7331.

#### **Tricare Reserve Select**

Eligibility to purchase Tricare Reserve Select coverage is determined by the Reserve component member's service/Reserve component office. To qualify, members must have served on active duty on or after Sept. 11, 2001, for 90 consecutive days or more in support of a contingency





operation and enter into an agreement with their Reserve component to serve in the selected Reserve for one or more years prior to leaving active duty. For Reserve component members who are eligible and have already left active duty, they have until Oct. 28 to complete their service agreement. Details about completing service agreements and enrollment process for TRS are available on the Tricare Web site at www.tricare.osd.mil/reserve/ reserveselect.

#### Sexual assault reporting

The DOD is committed to ensuring safety and dignity. As part of that endeavor, people may now report allegations of sexual assault to specified personnel without triggering an investigation or involving their chain of command. This confidential reporting must be made to the Sexual Assault Response Coordinator, a health care provider, a trained Victim Advocate, or a chaplain. Tyndall's Response Line, open 24 hours a day, seven days a week, is 625-1231. For more information on sexual assault, call Tyndall's Sexual Assault Response Coordinator at 283-8192 or visit the United States DOD Sexual Assault and Response home page at www.sapr.mil.

#### GCCC hours change

Gulf Coast Community College office hours are 8 a.m. to 6:30 p.m. through Tuesday.

#### **OSC Special Activities Coffee**

The Officers' Spouses' Club is hosting a free Special Activities Coffee 10 a.m. Tuesday at the Officers' Club. This is an opportunity to learn about base and community information/activities, as well as information about the OSC. Members, nonmembers and children are welcome. For more information, call 819-4322.

#### **AFSA** meeting

The Air Force Sergeants Association, Chapter 553, meets the third Wednesday of every month at 3 p.m. in the Enlisted Club. AFSA is the Air Force enlisted organization dedicated to the people behind the stripes. It is open to all enlisted ranks. For more information on AFSA, contact Tech. Sgt. Jeffery Benison at 283-2891.

#### Varsity basketball

The Tyndall Tigers Men's Varsity Basketball team will have try-outs for the 2005-06 season 6:30 p.m. Monday at the Fitness Center. All interested individuals can sign-up at the Fitness Center. For more information, call the Fitness Center at 283-2631.

#### **Sports officials**

The upcoming Tyndall intramural sports season needs officials. Those interested should call the Fitness Center at 283-2631.

#### Airman's Attic

Family Services and the Airman's Attic are open from 9 a.m. to 1 p.m. Monday-Friday in Bldg. 747. The Airman's Attic is designed to help reduce some cost of living expenses by providing donated household items or new items purchased with cash donations to eligible military mem-

#### **Mosquito mist**

Bob Bushway, 325th Civil Engineer Squadron pest management supervisor, drives through base housing early Monday morning to spray pesticides for killing mosquitoes. Mosquitoes are prevalent around standing water and are most active during dusk and dawn hours. Be sure to wear protective clothing while in mosquito-heavy locations, but remember they can bite through tight clothing. Always use insect repellant before going into high-risk areas. Take extra caution with children under 5 years old.

bers. The generosity of Team Tyndall has allowed the staff to extend this service from senior airman and below to staff sergeant and below. Call the Family Services office at 283-4913 or the Family Support Center at 283-4204 for more information.

#### **Thrift Shop hours**

Thrift Shop hours are 9:30 a.m. to 12:30 p.m. Wednesday-Friday. Consignments are 9:30 - 11:30 a.m. Wednesday and Thursday. For more information, call 286-5888.

#### Chapel Schedule

#### Catholic services

Daily Mass, 11:30 a.m. Monday-Friday, Chapel Two Reconciliation, before Saturday Mass or by appointment Saturday Mass, 5 p.m., Chapel Two Sunday Mass, 9:30 a.m., Chapel Two Religious Education, 11 a.m., Bldg. 1476

#### **Protestant services**

Traditional worship service, 9:30 a.m., Chapel One Contemporary worship service, 11 a.m., Chapel Two Wednesday Fellowship, 5 p.m., Chapel Two

#### Muslim services

A prayer room will be open for Dhuhr Prayer Monday-Thursday in the Spiritual Maintenance building near the flightline. There will also be Jumauh services at 12:30 p.m. the second and fourth Friday of each month.



#### Winner is served

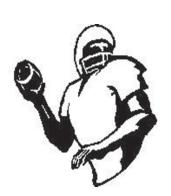
Harold Bostian, left, returns a volley while partner Isaac Gibson looks on during a doubles tennis match here recently. Bostian and Gibson, both with the 325th Communications Squadron, took first place in the 2005 Doubles Tennis Tournament here.

## **Intramural Sports Standings**

## Women's varsity basketball coach needed:

Tyndall's women's varsity basketball team is in need of a coach. Those interested in the position can call the Fitness Center at 283-2631 for more information.

#### **Football**

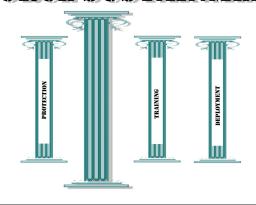


Intramural football's 2005 season begins Monday. Those interested in playing can sign up by contacting their squadron sports representative or football coach. If your squadron does not have a team, contact your squadron sports representative to get into the player's pool.

#### Golf

Team	Points
CES	59.5
AMXS	51
372nd TRS	48
AFCESA	47.5
CS1	43.5
601st EAOG	42
MSS	40
oss	38.5
SVS	34
CONR1	32
53rd WEG	28.5
RHS	26
MXS	26
ACS	25.5
CONR2	23
CS2	18

### **FORCE SUSTAINMENT**





### Week 2 winners list:

Jessica Brooks, 325th OSS
Craig Hall, AFCESA
Allison Helder, NCOA
Clifford Jones, 325th CS
Derrick Moore, 325th SFS
Gina Poe, 325th FW
Erin Reynolds, 325th ACS
Craig Smith, NCOA
Rob Stewart, 325th AMXS

The winners will be competing again 6 p.m. tonight at the Zone in the Enlisted Club. All are welcome to attend to see who makes it to the next round.

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# AF Clubs giving out \$12,000 in membership drive contest

STEVE RIDDLE

325th Services Squadron

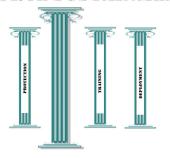
This year's annual Air Force Club membership drive campaign kicks off Sept. 1 and will award 12 lucky winners in the Air Education and Training Command with grand prizes of \$1,000 each.

The "2005 Grand Giveaway" will credit the Air Force Club accounts of six new club members, who join during the current membership drive between Sept. 1 and Nov. 30 with \$1,000 to be used for purchases. Also, six current club members will win prizes of \$1,000 as well.

"The purpose of the Air Force's annual membership drive is to let the people on base know just what the club has to offer them," explained Chris Saladin, 325th Services Squadron director of clubs. "And, we want to show them all the benefits there are to being a club member."

Individuals who were Air Force Club members as of Aug. 31 will be auto-

#### **FORCE SUSTAINMENT**



matically entered in the drawing. New members signing up during the campaign will also be automatically entered.

Tyndall clubs are also offering an incentive for new member sign-up during this year's membership drive. For every squadron that signs up a new member, Tyndall clubs will give them \$5 in Club Bucks per sign-up to be used for a squadron function at the clubs.

"We decided to do this as a way to reinforce to the various squadrons here that the clubs can be an

excellent place for them to hold their squadron functions," Mr. Saladin said.

Grand prize winners of this year's campaign must meet all eligibility requirements, including having active accounts and accounts that are not in a delinquency status. Winners will be selected at the Services Agency after Jan. 3, 2006. All winners will be notified in person.

Club staff and command elements from the 325th SVS are finalizing plans

for a campaign kickoff party in early September, and an event to end the campaign, which runs until Nov. 30, is also in the works, according to Mr. Saladin.

"We're expecting to have a very successful membership drive this year," he said.

For more information on this year's Grand Giveaway Air Force Club Membership Drive, contact the Tyndall Officers' Club at 283-4357.



## Can you beat the Pigskin Prognosticator?

The National Football League is soon beginning its 2005 season. Do you think you can outsmart the Pig-Prog by picking each week's winners? Watch for the Pig-Prog challenge coming soon only in the *Gulf Defender*. Maybe you'll get a chance



to lose to the greatest football forecaster of them all.

## Tyndall volunteers awarded for service

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

Each quarter one military and one civilian are presented volunteer service awards from the Family Support Center for their service above and beyond duty.

Capt. Marc Holmes, 325th Air Control Squadron chief of readiness, and Mandy Landt, Base Legal Office volunteer, won the Family Support Center-sponsored Volunteer of the Quarter award for third quarter, fiscal year 2005.

The volunteer medical, rescue and firefighting work Captain Holmes performs for both Bay and Gulf counties benefits the community he lives in and his role as a self-aid buddy care instructor.

Captain Holmes has been helping out in all the communities he has lived in since he was 14 years old simply because he enjoys it. Being an emergency medical technician,



Capt. Mark Holmes, 325th Air Control Squadron, gears up while volunteering for the Gulf County Beaches Volunteer Fire Department, Port St. Joe, Fla.

a life guard and a person certified in CPR gives him the opportunity to find volunteer work anywhere. He is on call 88 hours a week to respond to emergencies with a fire station in Port St. Joe, Fla.

"I use real life scenarios to prepare members of my squadron for combat emergencies," said Captain Holmes. "I like helping the community and meeting the people in the community, even when it may not be in the best situation."

"He shows up on every call when he can," said Capt. Bobby Plair, Gulf County Beaches Volunteer Fire Department assistant fire chief about Captain Holmes' volunteer job performance over the last three years. "You don't have to ask him or tell him, he'll just jump in and do what needs to be done. He took charge of our water rescue team and our breathing air system. He'll be dearly missed when he moves."

Similar comments of dependency are said about Ms. Landt, who uses her five years of active-duty enlisted paralegal experience to volunteer at the Base Legal Office so she can give back to the military family she belongs to as an Air Force spouse.

"Without Ms. Landt, we'd have a huge stack of claims," said Master Sgt. Rosemarie Goodall, Base Legal superintendent. "For almost a year she has handled government claims. Also, she trained our new noncommissioned officers how to work with carriers on household goods claims while we were short-staffed."

According to Ms. Landt, volunteering in her specialty gets her out of the house, builds her resume, gives her "real work" and lets her continue doing what she enjoyed doing while active duty. With the possibility of being deployed in a join-spouse military situation, she decided it was best to stay home to raise her children while her husband continues to serve.

"Volunteering on base is an important thing for military spouses," said Ms. Landt. "It gives them an experience on base that helps them be a part of the same mission as the military member they are married to."

The added benefit Ms. Landt enjoys is the eight hours of free day-care she receives through the Air Force Aid Society while volunteering on base.

For more information on the Family Center's volunteer quarterly award program, contact Catherine Tarrant at 283-4842.

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Team Tyndall Airmen make their way around the Fitness Center track during morning physical training Wednesday.

## Simple exercise steps keep force fit

SENIOR AIRMAN LUCELIA NAGEL
96th Air Base Wing Public Affairs

**EGLIN AIR FORCE BASE, Fla. (AFPN)** – With the inception of the Air Force Fit to Fight program, Airmen had to adjust to a regular regimen of running, sit-ups, push-ups and other physical activities.

Some Airmen experienced injuries while adjusting to the new standards, resulting in a need to see a physical therapist.

"We saw a lot of knee, back and shoulder injuries at first," said Capt. Bryan Bonzo, a 96th Surgical Operations Squadron physical therapist at Eglin AFB.

Those injuries, he said, resulted mainly from the running portion of the new fitness program. The captain attributed the injuries to Airmen's age and lack of physical fitness.

"The majority of the people who came in for treatment were in the 35- to 45-year-old age bracket," Captain Bonzo said. "As people mature, their joints get stiffer, and

many people suffered inflammation due to the impact of their feet against the ground. And younger folks just heal more quickly, so we don't see them as often."

In addition, the captain said the fitness level for many was not high because Airmen were not running as much when the program began.

The good news is these types of injuries can be easily prevented, Captain Bonzo said. All it takes is a few simple steps.

First, he said, a warm-up should be performed before beginning an exercise. Simple things such as a five-minute brisk walk, running in place or jumping jacks will allow the muscles to warm slowly, decreasing the chance for an injury.

"A warm muscle will perform better than a cold one," he said.

Next, people should work on their flexibility by stretching the muscles. This loosens the muscles slightly and takes the pressure off the joints.

"This allows the joints to move properly," he said.

Regular stretching also changes

many people suffered inflammation tissue, making muscles longer and due to the impact of their feet stronger over time.

"Sometimes it's not about flexibility, just weak muscles," he said.

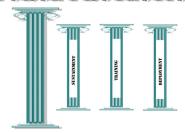
It is important to note that the warm-up exercise should be performed before stretching, he said, because it does not help to stretch a cold muscle.

A cool-down should take place after the exercise, which lowers the intensity of the exercise to allow the heart to slow down and the muscles to calm.

The last part of injury prevention is to stretch afterward.

"People should stretch at least once a day, even if not exercising, to maintain their flexibility," Captain Bonzo said.

#### **FORCE PROTECTION**



#### This week in Air Force history ...

**Aug. 15, 1957:** Gen. Nathan F. Twining becomes the first U.S. Air Force officer to serve as chairman of the Joint Chiefs of Staff.

**Aug. 16, 1960:** Capt. Joseph W. Kittinger, Jr., parachutes from 102,000 feet, setting a world record.



# AETC receives tech award with help from AFCESA

MASTER SGT. MICHAEL A. WARD

Air Force Civil Engineer Support Agency

An electronic training and documentation program developed by the Air Force Civil Engineer Support Agency helped Air Education and Training Command receive a federal-level technology award Aug. 1.

The Federal Government Distance Learning Association awarded its annual Pioneer Award to AETC, AFCESA and two development contractors involved in the program. The award is given to government agencies and associated contractors for outstanding achievement in the design and development of technology-based products used in association with distance learning.

AFCESA's electronic training program, originally called COVER Train, was developed by the agency in 1999 and fielded in 2002 to document enlisted job proficiency and upgrade training for Air Force civil engineers.

"We took paper training records like the Air Force Form 623 and 797 and automated them," said Ralph Gruber, AFCESA's advance distributed learning program manager. "Everything that was in paper form was put into a database, which saves a lot of time and effort and eliminates the possi-

bility of 'pencil-whipping.' Now, if you say you have been trained on something and you are signed off by your supervisor, it's a permanent record that can be verified."

Last year, AETC, which was developing a similar webbased program with the Air Force Weather Agency, canceled its program after reviewing COVER Train.

"They had never seen a demonstration of COVER Train, but once they did, they said, "That's what we want," said Mr. Gruber. "What was going to be strictly a civil engineer product now will benefit the entire Air Force."

In addition to the weather agency, several other functional areas, including the security forces, medical and financial management communities, have decided to use the program.

Because of the broader scope, COVER Train has been renamed the Air Force Training Record, and AETC and AFCESA are now modifying it as a web-based program instead of a CD ROM or Local Area Network-based program.

FGDLA is a nonprofit association formed to promote the development and application of distance learning in the federal sector. The award will be presented next month at a ceremony in Las Vegas.

## AAFES to honor retirees with special event

**DALLAS** – The Army & Air Force Exchange Service will formally honor military retirees during its annual "Still Serving" weekend, Sept. 16-18, at Base Exchanges throughout CONUS and in select stores in Europe and in the Pacific.

Throughout the "Still Serving" weekend, Tyndall's AAFES stores will also create excitement through

special events such as a Hummel figurine giveaway at the BX, a drawing for a free oil and filter change at the Car Care Center, wine tasting at the Class Six and a drawing for free video rentals at the Felix Lake Shoppette.

Representing nearly half of AAFES' military households, the Exchange strives to maintain a strong relationship with retirees throughout the entire year.

"Military retirees make up 42 percent of sponsors eligible to shop AAFES facilities," said Mike Westphal, AAFES senior vice president of marketing. "While we pause to formally recognize them in September of each year, AAFES and its associates un-

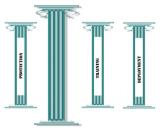
**DALLAS** – The Army & Air special events such as a Hummel derstand that retirees deserve our gratiorce Exchange Service will formally figurine give away at the BX, a draw-tude 365 days a year."

> Every time retirees choose to shop at the Exchange, they provide needed support for Morale, Welfare and Recreation programs, facilities and non-appropriated fund construction projects such as bowling and youth centers, golf courses and outdoor recreation.

> "Retiree support plays a big part in AAFES' annual dividend," said Mr. Westphal. "Without their support it would not have been possible for AAFES to return more than \$242 million to Armed Forces MWR programs last year."

For more information, log on to www.aafes.com or call the Tyndall Base Exchange at 286-5804.

#### FORCE SUSTAINMENT





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# Funshine NEWS



www.325thservices.com

☆ Log onto the NEW & IMPROVED website

www.325thservices.com

## Twilight Movie Night

Come out and enjoy a movie under the stars with free popcorn at the Community Center every Friday.

Show time is 8 p.m.

August Schedule

Tonight - Star Wars Part 1 & 2

Aug. 26 - Easy Rider

In case of inclement weather, the movie will be shown in the Community Center Ballroom. Some movies might not be suitable for younger audiences.

For more information call

283-2495





WATER AEROBICS BY DENISE REBEL	Continues Through Sept. 29 §5 for individual class. Tuesdays & Thursdays 6:30-7:30 p.m. Bonita Bay 283-3199
THE CENTRAL	Donnta bay 205 3199



# Attention Team Tyndall: Place a free classified ad in the Gulf Defender

Military classified ads are placed in the Gulf Defender on a space available basis. Ads must be for a one-time sale of personal goods and should include a complete description, 30 words or less, of item being sold. Forms must be turned in by 2 p.m. Thursday for publication in the following Friday's Gulf Defender. Completed forms can be dropped off or mailed to the 325th Fighter Wing Public Affairs Office at 445 Suwannee Rd. Ste. 129 Tyndall AFB, FL 32403, or faxed to (850) 283-3225.

Rank/Name\_\_\_\_\_

Unit/Office Symbol \_\_\_\_\_\_
Duty Phone \_\_\_\_\_

Home Phone

Item description (One ad per form)

(30 words or less)

### We value your opinion!

Take a couple of minutes to give us your thoughts on how we can make the Gulf Defender better:

Did the front page grab your attention? Yes □ No □

Do you feel there is a good mix of local,

command and Air Force-level news? Yes □ No □

Do the photos encourage you to read accompanied articles?

Yes □ No □

Is the Gulf Defender easy to read and follow?

Yes □ No □

What did you find most interesting in this week's paper?

If you could change one thing in the paper, what would it be?

Comments:

#### • From INTEGRITY Page 4

decisions and act? No, unfortunately there is not. We must depend on our training, personal integrity and commitment to each other.

To abide by this expectation, we have to remain true to our training and cannot cut corners, bend the rules or stretch the truth. For example, at a recent meeting, I witnessed a foreign national counterpart decline alcohol refreshments because his commander — hundreds of miles away — issued an order that prohibited his nation's personnel from consuming alcohol while in theater.

Even though others were able to indulge, and there was little chance anyone would find out, my friend stuck to his personal obligation to do the right thing. I respect my friend for his courage and commitment to duty.

In addition to staying true to the rules of our profession, we must insist on the integrity to take the path of the challenging right over the simple wrong. For instance, when we are performing duty within the restricted area on the flightline and observe someone who may be unauthorized, we must put forth the extra effort to challenge the individual rather than letting the next technician confront that person. Although we are busy, that extra effort sets us above other professions. In the end, an honorable life is more rewarding than an easy one.

The last portion of this expectation is to have the yearning and commitment to watch out for each other. Simple things such as replenishing paper towels in the bathrooms and engaging each other in conversations about life can accomplish this.

We should exploit the chance to mentor and develop each person and grade at every opportunity and share the principles of leadership and management regardless of our own rank. We must develop and nurture the people we work with as we perform as a team to uphold the high expectations we have for our profession and selves.

"Do the right thing." It is a simple approach to life that is the critical core to a strong ethical code. By living by this philosophy, we remain faithful to our vocation, ourselves and each other.

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our young Airmen."

Additionally, he highlighted the commitment of Air Force senior leaders, starting in the early 1980s, to ensure Airmen were superbly trained and equipped with cutting edge technology to provide a significant advantage over potential adversaries.

He said, "The investment in training systems such as Air Combat Maneuvering Instrumentation and the formation of such organizations such as the 53rd WEG and 53rd Test Evaluation Group, dramatically improved our ability to quantify results and lessons learned from daily training missions. This allows our young Airmen to refine tactics, techniques, procedures and weapons to a level that was not previously possible, resulting in an exponential increase in the effectiveness of combat airpower."

But he also has some advice for young Airmen just starting out.

"Relish the opportunity to be part of history, versus reading about it in a book or newspaper," he said. "An Air Force career goes by quickly, and the older you get, the faster it goes by. Live in the present, give it 100 percent and enjoy every day. Be proud of what you do and know that our nation honors your service."

When asked about his leadership philosophy and his goals for the group, Colonel Winslow responded, "My leadership philosophy is very simple. Lead from the point, take care of the people and they will take care of the mission," he said. "My goals are twofold. First, I aim to ensure that our folks are organized and resourced to accomplish their mission. My second objective is to provide members of the 53rd WEG with the opportunity to achieve their professional and personal goals."

But by far the colonel said what he looks forward to and enjoys most about his job is the opportunity to work with "the finest men and women our nation has to offer. Watching extraordinary people achieve extraordinary results, and helping them achieve their professional and personal goals is truly a privilege and something I am honored to be a part of. My wife Susie and I are thrilled to be part of this outstanding organization, and look forward to getting to know the men and women of the 53rd WEG. We have a great mission, and a great opportunity to contribute to the sustainment and evolution of U.S. Air Force combat airpower."

